

# School Health Services COVID-19 Recovery Resources

School Nurses

Due to the nature of this pandemic, information and guidelines are frequently updated. For the most recent detailed information please visit the Phase 3 Guidance from VDOE and refer to your school district leadership

[http://www.doe.virginia.gov/support/health\\_medical/covid-19/recover-redesign-restart.shtml#](http://www.doe.virginia.gov/support/health_medical/covid-19/recover-redesign-restart.shtml#)

# Objectives:

- Define COVID-19.
- Verbalize how COVID-19 is spread.
- Understand the severity of COVID-19 and its risks.
- Describe ways to prevent an outbreak.
- Demonstrate correct and effective hand washing techniques.
- Demonstrate how to don and doff a mask and gloves.
- Verbalize process when a student is sick in the classroom.
- Describe strategies to encourage students to wear masks.

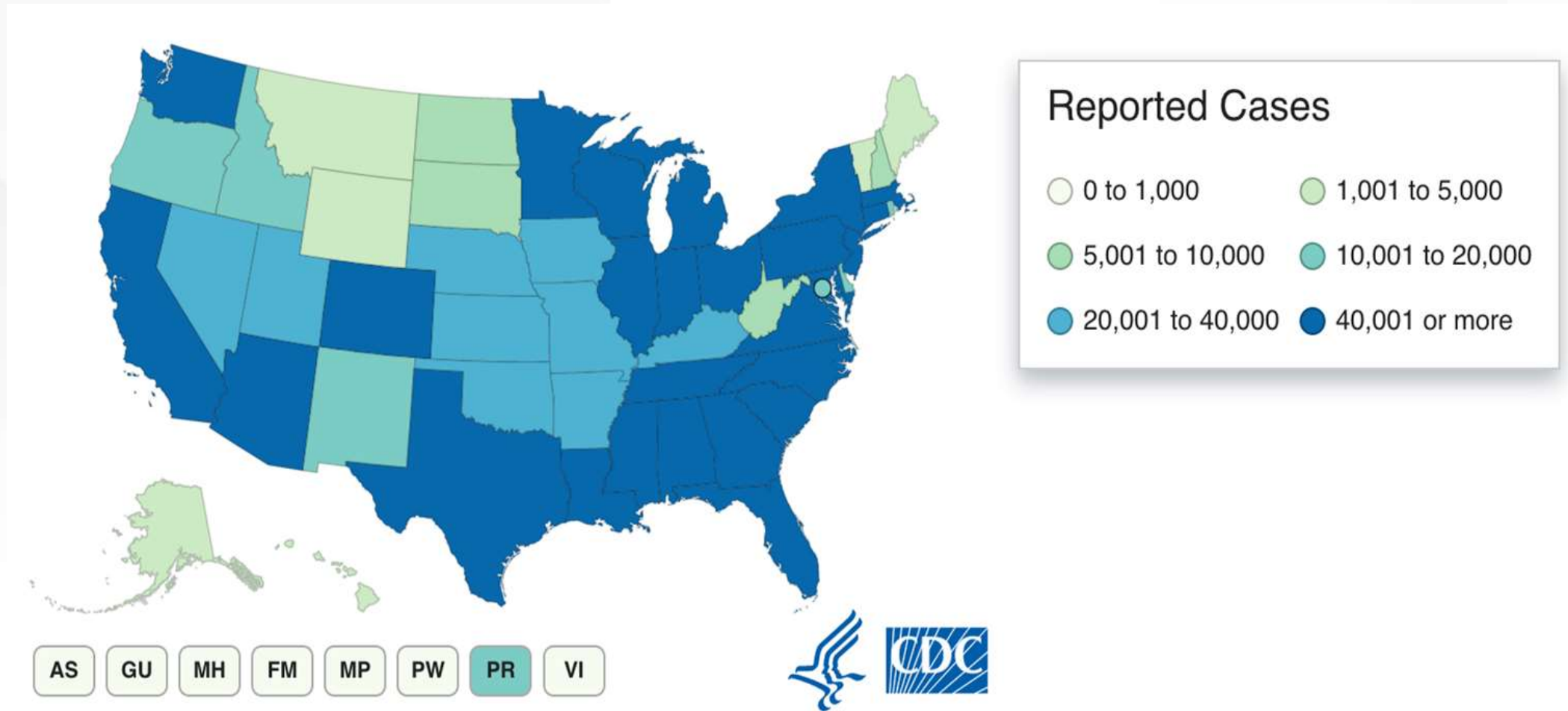
# COVID-19

- A new coronavirus strain was detected on December 31, 2019. Cases were initially reported in Wuhan City, Hubei Province, China but has now been declared a global pandemic. As of 7/22/20, there have been 3,882,167 cases of COVID-19 in the US, and there have been 141,677 COVID-19-related deaths.
- Other names: Coronavirus, COVID-19, SARS-CoV-2

# COVID-19

- Passed through droplets (sneezing and coughing)
  - Mythbusters - Art of the Sneeze  
<https://www.youtube.com/watch?v=0f4sUNWkq60>
  - Mythbusters - The Safest Sneeze  
<https://www.youtube.com/watch?v=wrx7OpFEk2E>
- Highly contagious with no vaccine or cure
- Can be carried by those who show no symptoms
- Poses a major risk to people aged 65 and older, people with asthma, and people who are immunosuppressed

# COVID-19 in Virginia- how do we compare?



CDC's most up to date data:

<https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>



# COVID-19 in Virginia

## Select Measure (Affects Map and Bar Chart)

- ☒ Cases
- ☐ Hospitalizations
- ☐ Deaths

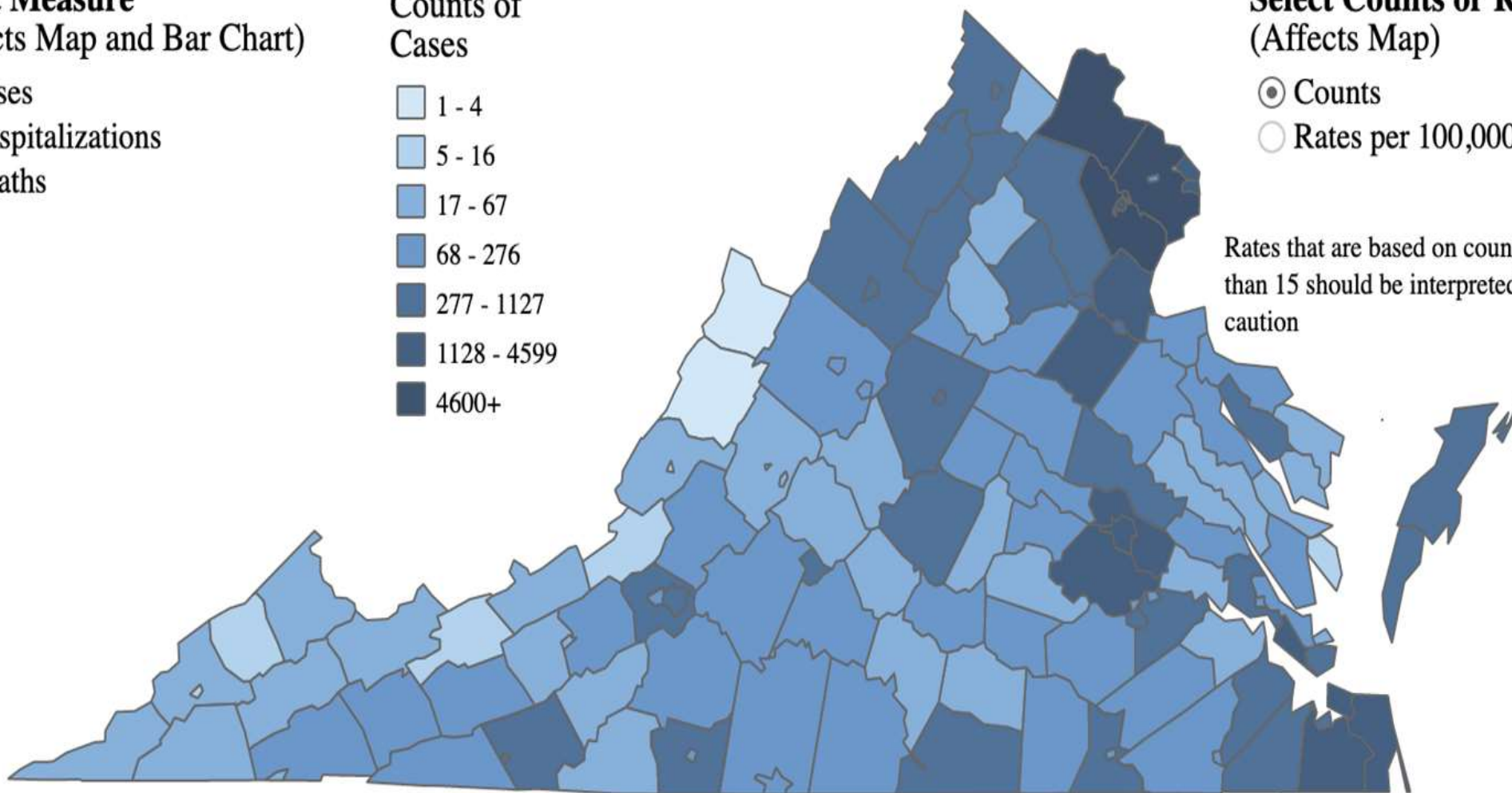
## Counts of Cases

- 1 - 4
- 5 - 16
- 17 - 67
- 68 - 276
- 277 - 1127
- 1128 - 4599
- 4600+

## Select Counts or Rates (Affects Map)

- ☒ Counts
- ☐ Rates per 100,000

Rates that are based on counts less than 15 should be interpreted with caution



<https://www.vdh.virginia.gov/coronavirus/>

# How can we prevent an outbreak?

- Hand washing is the **number one** way we can limit the spread of germs
  - Soap and water
  - Hand sanitizer with over 60% alcohol content
- **Proper hand washing technique:**  
[https://www.youtube.com/watch?v=nEzJ\\_QKjT14](https://www.youtube.com/watch?v=nEzJ_QKjT14)
- Disinfecting “high touch” surfaces after use
  - Computer keyboards, tablets, and phones
  - Door knobs and desks
  - Shared equipment (avoiding sharing is best)



# How can we prevent an outbreak?

- Wearing a mask to cover the mouth AND nose
- Physical distancing at a **minimum** of 6 ft.
  - If 6 ft. is not possible, 3 ft. with a mask **may** be permitted
- Cover your sneeze, cough into your elbow, wash your hands after
- **If you are sick, STAY HOME!**

# School Decision Tree

## All Schools Regardless of Community Spread

Confirmed person  
with COVID-19 in  
building?

Assess  
Risk

Short (potential 2-5 Day)  
Building Dismissal to  
Clean/Disinfect/Contact  
Trace in consultation with  
local health officials

## No Community Spread

- Prepare
- Teach and reinforce healthy hygiene
- Develop information sharing systems
- Intensify cleaning and disinfection
- Monitor for absenteeism
- Assess group gatherings and events  
– consider postponing non-critical gatherings and events
- Require sick students and staff stay home
- Establish procedures for someone becoming sick at school

Monitor changes in  
community spread

## Minimal to Moderate OR Substantial Community Spread

M/M

Is community spread Minimal to Moderate or Substantial?

S

- Coordinate with local health officials.
- Implement multiple social distancing strategies for gatherings, classrooms, and movement through the building.
- Consider ways to accommodate needs of children and families at high risk.

- Coordinate with local health officials.
- Implement multiple social distancing strategies for gatherings, classrooms, and movement through the building WITH EXTENDED SCHOOL DISMISSALS.
- Consider ways to accommodate needs of children and families at high risk.



# Screening (updated 7/23/2020)

Based on the best available evidence at this time:

- CDC does not currently recommend universal symptom screenings (screening all students grades K-12) be conducted by schools.
- Parents or caregivers should be strongly encouraged to monitor their children for signs of infectious illness every day.
- Students who are sick should not attend school in-person

# For schools that choose to implement on-site symptom screenings, CDC offers the following considerations:

- Consider the scientific evidence and weigh the risks and benefits to students, staff, and the larger community.
- Consider how school policies regarding symptom screenings can balance the resources required and feasibility of implementation and the risk of transmission in schools.
- Consider ways to reduce the likelihood of excluding students who do not have COVID-19 from essential instructional and critical developmental experiences.
- Before sharing personally identifiable information on students concerning COVID-19, consider Federal, state, and local requirements, including provisions in the Family Educational Rights and Privacy Act (FERPA).
- Further guidance on feasibility and harm mitigation can be found at the following link:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html>

# Common Pediatric Symptoms of COVID-19 (over the course of the disease)

- ❖ Fever or chills
- ❖ Cough
- ❖ Runny nose or nasal congestion
- ❖ Sore throat
- ❖ Shortness of breath
- ❖ Diarrhea
- ❖ Nausea and/or vomiting
- ❖ Headache
- ❖ Muscle or body aches
- ❖ Poor appetite
- ❖ Fatigue



Symptoms of COVID-19	Strep Throat	Common Cold	Flu	Asthma	Seasonal Allergies
Fever or chills	X		X		
Cough		X	X	X	X
Sore throat	X	X	X		X
Shortness of breath or difficulty breathing				X	
Fatigue		X	X	X	X
Nausea or Vomiting	X		X		
Diarrhea	X		X		
Congestion or Runny Nose		X	X		X
Muscle or body aches	X	X	X		

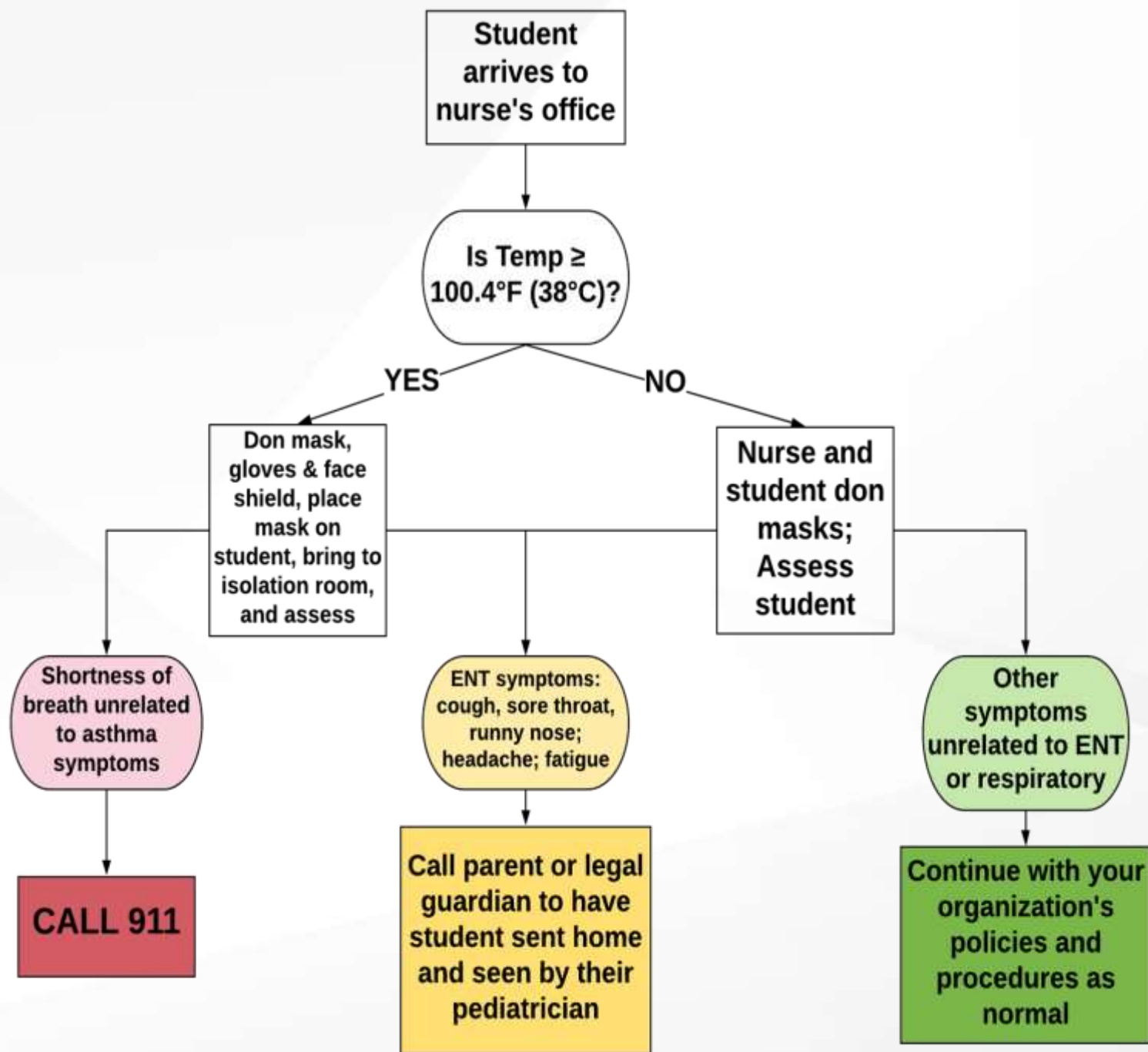
- Note: The table above does not include all COVID-19 symptoms

# What to do if you suspect someone has COVID-19 symptoms?

- Don appropriate PPE: mask, gloves and face shield or goggles
- Isolate the student in a designated area based on your school's layout
- If parent is able to pick up the student, have them exit a "low traffic" area of the school
- See algorithm on next slide for more detail

Guidance for schools

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools-h.pdf>



## Assessment:

### Verbal:

1. When did symptoms first start?
2. Have you been around anyone else who is sick?

### Visual:

1. Flushed cheeks?
2. Rapid, shallow, or difficulty breathing?
3. Coughing?
4. Fatigue or restlessness?

### Physical:

1. Temp  $> 100.4$
2. Pulse Ox  $< 96\%$

If any of these signs or symptoms is **POSITIVE:**

**ISOLATE** the student  
Send the student  
**HOME**

# Multisystem Inflammatory Syndrome in Children - MIS-C

**From the CDC:** “Patients with MIS-C have presented with a persistent fever, fatigue, and a variety of signs and symptoms including multiorgan involvement... Not all children will have the same signs and symptoms, and some children may have symptoms not listed here. MIS-C may begin weeks after a child is infected with [COVID-19]. The child may have been infected from an asymptomatic contact and...the child and their caregivers may not even know they had been infected.”



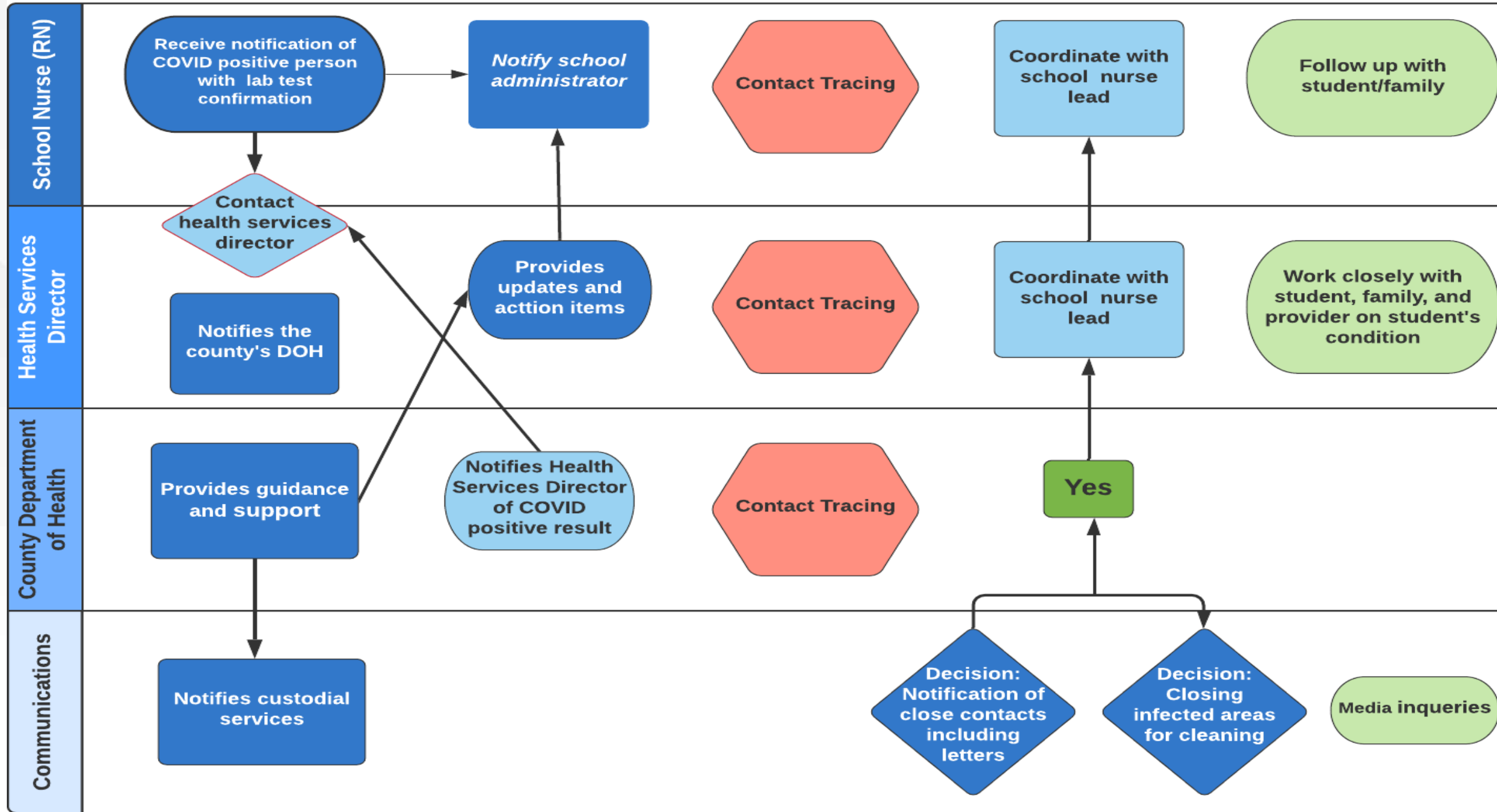
## MIS-C (continued)

If you suspect MIS-C in a student, triage per your school's policy and the algorithm provided

- The student should be treated as contagious.
- Send student home with parent/guardian if stable
- Call 911 if symptoms warrant a higher level of care
  - Shortness of breath
  - Chest pain and palpitations
  - Other signs of obvious organ damage

MIS-C factsheet for your records: [MIS-C Factsheet](#)

A student/staff member is COVID  
positive -  
Now what?



# When can a student or staff member return to school?

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 24 hours have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications and improvement in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed *since symptoms first appeared*.

CDC [Disposition Guidelines](#)

# Proactive health strategies that will reduce the risk of getting COVID 19

- Frequent handwashing/ before/after eating, after an activity, recess
- Proper coughing sneezing techniques
- Wearing a mask or face coverings when in public setting
- Limit group size
- Stay home when you have a fever or are not feeling well
- Helpful to report COVID Positive test results to school/workplace (won't be identified)



# Building your school health plan: Best Practices

- ☐ Designate 1-2 administrators as additional COVID resources
  - ☐ Who will be your support if you have more than one sick student?
  - ☐ Who will be your designated support to answer general parent & staff questions?
- ☐ Create an isolation room- **CDC and VDH STRONGLY RECOMMENDS**
- ☐ Measure your school health room
  - ☐ Can you have more than one “non-COVID” patient in the room?
  - ☐ How will you separate students?
  - ☐ What can you remove from the room to create more space?
- ☐ What ailments can be treated by teachers and staff?
  - ☐ What can YOU treat by going to the classroom?
  - ☐ What medications can the student safely self administer?

# What if a student arrives to school sick?

- ❖ Isolate the student if you suspect possible COVID-19 illness (follow algorithm from Slide 11)
- ❖ Contact the parent/guardian or emergency contact person to pick up the student and send them home.
- ❖ If possible and available, allow student to engage in distance learning to reduce fear of missing school.

If the parent/guardian or emergency contact person cannot be reached please follow your school district's policy.

# Approved Disinfectants against SARS-CoV-2 (COVID 19)

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>

ALWAYS follow the instructions on the label.

 Keep disinfectants out of reach of children 

## Printable Materials from the CDC

The link below provides print materials for your settings. These can be hung or distributed in strategic places throughout your school. Items include COVID-19 symptoms, face coverings, hand washing technique, and more.

Many of the materials here are available in multiple languages.

<https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc>

# Other Helpful Links

Considerations for schools (CDC):  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>

Up-to-Date K-12 Information (Virginia DOH):  
<https://www.vdh.virginia.gov/coronavirus/schools-workplaces-community-locations/k-12-education/>

Considerations for wearing a mask - general and special populations  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

COVID-19 Testing Sites for Virginia:  
<https://www.vdh.virginia.gov/coronavirus/covid-19-testing/covid-19-testing-sites/>

\*COVID-19 Testing Sites for Washington, DC (Parents in Northern Virginia who work in DC may get tested for free at fire stations throughout the district):  
<https://coronavirus.dc.gov/testing>



# Training your School Community

The following training PowerPoints are included in this resource package:

- ☐ Resources for teachers and staff: with voice over training
- ☐ Personal Protective Equipment: with voice over training
- ☐ Resources for students: with voice over training
- ☐ Resources for parents: with voice over training
- ☐ All slide presentations may be adapted to add information specific to your school
- ☐ See the School Health Services COVID 19 Recovery Plan for screening tools, symptom tracking worksheets and a details related to the content of this training.

# References

CDC. (2020, February 11). *Coronavirus Disease 2019 (COVID-19)*. Centers for Disease Control and Prevention.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

*COVID-19 in Virginia*. (2020). Virginia Department of Health.  
<https://www.vdh.virginia.gov/coronavirus/>

Peterson, S. (2017, November 29). *All NCTSN resources*. The National Child Traumatic Stress Network. <https://www.nctsn.org/resources/all-nctsn-resources>

*VDOE :: prevention strategies & programs*. (n.d.). Retrieved July 13, 2020, from <http://www.doe.virginia.gov/support/prevention/index.shtml>

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